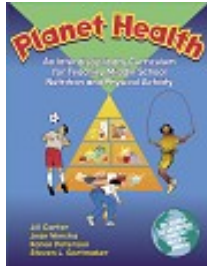




Trainer Workshop

Nutrition and Fitness Curricula by Human Kinetics: Grades 4, 5 and 6



Middle Grades

The innovative curriculum for middle grade levels was developed by the Harvard School of Public Health. Four simple health themes were integrated into physical education, language arts, math, science, and social studies classes in keeping with Massachusetts curriculum standards. The results were exciting: *Planet Health* was instrumental in reducing obesity and television viewing time and increasing consumption of fruits and vegetables.

Teachers in every subject will give this fun, flexible, and comprehensive curriculum an enthusiastic thumbs-up. It includes

- 63 ready-to-use lesson plans, including 30 five-minute micro-units,
- 4 at-a-glance charts that list lessons by subject and theme,
- *Power Down*, a two-week campaign to reduce television viewing time, which you can launch in the classroom or school-wide,
- *FitCheck*, a self-assessment tool to help students track and improve their activity levels, and reproducible worksheets.

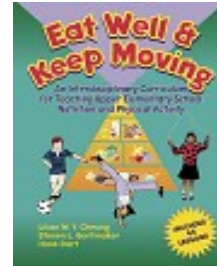
September 26th-Teacher Trainer Workshop

Planet Health

Wingate Inn-Two Notch Rd. Columbia

- This Workshop is designed for educators that desire to gain skill in training teachers to use Planet Health.
- All participants receive multiple copies of the Planet Health curriculum.
- Districts that send trainers who commit to providing school level teacher training, may become eligible for additional funding.

Contact Information:
Dr. Christine Beyer
Director of Training
803-734-2782



Grades 4 & 5

An interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits in upper elementary school students. The book focuses on classroom lessons, but it can also be used to reinforce healthy practices in the cafeteria, gymnasium, home, and community. It was proven successful in extensive field tests among students and teachers: children ate more fruits and vegetables, reduced their intake of saturated and total fats, watched less TV, and improved their knowledge of nutrition and physical activity.

The program has won two awards for excellence: the United States Department of Agriculture's Promising Practice Award in 1997 and the Dannon Institute Award for Excellence in Community Nutrition in 2000. It includes:

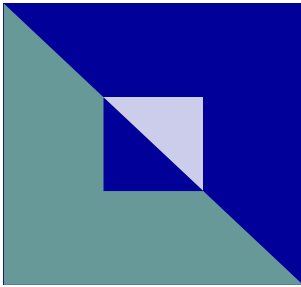
- 44 lesson plans,
- fun and engaging schoolwide campaigns to encourage kids to walk, watch less TV, and eat more fruits and vegetables, and reproducible worksheets.

September 27th-Teacher Trainer Workshop

Eat Well and Keep Moving

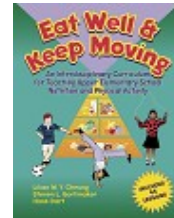
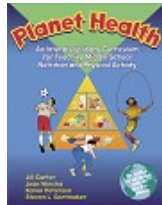
Wingate Inn- Two Notch Rd. Columbia

- This Workshop is designed for educators that desire to gain skill in training teachers to use Eat Well and Keep Moving
- All participants receive multiple copies of the Eat Well and Keep Moving curriculum
- Districts that send trainers who commit to providing school level teacher training, may become eligible for additional funding.



Trainer Workshop

Nutrition and Fitness Curricula by Human Kinetics: Grades 4, 5 and 6



Registration Form

This training is provided at no cost; however, you must register to attend. Lunch will be on your own. When we receive your registration, we will send you confirmation and directions to the training site.

All participants will receive a copy of the curriculum.

Which Workshop will you be attending? _____ Sept. 26th Planet Health Trainer Workshop
_____ Sept. 27th Eat Well & Keep Moving Workshop
_____ Both

School or School District: _____

Participant Name _____

Position _____

Address (work) _____

City _____ State _____ Zip Code _____

Telephone Number (work) _____ Fax Number _____

Email Address _____

(Confirmation will be sent by e-mail only)

Please mail this form by Monday, September 18th to:

**Melissa English
South Carolina Healthy Schools
1429 Senate Street, Room 906
Columbia, South Carolina 29201**